

- If you want assistance deciding who to talk to, call the National Center for Victims of Crime Helpline at **1-800-FYI-CALL**, or an anonymous crisis line in your area. You might also want to talk to a trusted family member, a friend's parent, an adult neighbor or friend, an older sibling or cousin, or other experienced person who you trust.

## Help Someone Else

If you know someone who is being stalked, you can:

- Encourage your friend to seek help
- Be a good listener
- Offer your support
- Ask how you can help
- Educate yourself about stalking
- Avoid any confrontations with the stalker. This could be dangerous for you and your friend.



## Resources for Information and Assistance

### Emergency Phone Numbers

Police Emergency...911  
 Fire Emergency...911  
 Warsaw Police Dept...574-372-9511  
 Kosciusko Co. Sheriff's Dept...574-267-5667  
 State Police...1-800-552-2959  
 Dept. of Child Services (DCS) ...1-800-800-5556  
 Kosciusko Community Hospital...574-267-3200  
 Warsaw Victim Services...574-372-9539  
 National Center for Victims of Crime...1-800-394-2255  
 National Domestic Violence Hotline...1-800-799-7233  
 Sexual Assault/Sexual Abuse  
 National Hotline .... 800-656-HOPE  
 National Center for Missing and Exploited Children  
 1-800-843-5678  
 Child Abuse National Hotline ...1-800-422-4453

### Victims' Assistance

Warsaw Victim Services ...574-372-9539  
 Kosciusko Co. Prosecutor's Office...574-372-2419

### Counseling Resources

Bowen Center...1-800-342-5653  
 574-267-7169  
 Brighter Tomorrows (Plymouth) 574-935-9449  
 Lifetouch ....574-269-7990  
 McArthur Counseling Center ....574-267-1700  
 Warsaw Community Church Counseling  
 Center ....574-268-0448

### Shelters

Kosciusko Co./Beaman Home...574-267-7701  
 Noble County Shelter ...800-441-4073  
 Elkhart Co. Women's Shelter...574-294-1811  
 South Bend YWCA Women's Shelter...574-232-9558  
 Allen Co. YWCA Shelter for Women... 800-441-4073

### Other Important Numbers

Rape, Abuse, and Incest National Network  
 1-800-656-4673  
 Heartline Pregnancy Care & Counseling  
 574-267-5110  
 To Check Jail Status....574-267-5667  
 National Runaway Switchboard...1-800-786-2929  
 National Drug Abuse Hotline...1-800-662-4357  
 Boys and Girls Club of Kosciusko....574-268-1155  
 Baker Youth Club .... 574-267-8771  
 United Way/AIRS – Info for Referrals ....211

# Stalking

**“Someone won’t  
 leave me alone”**

## Victim Services

*offers crisis counseling, information and referrals, and personal advocacy to victims of violent crime and their families, along with public education/awareness on violent crime victimization.*



**(574) 372-9539**

banglin@warsaw.in.gov

**www.warsaw.in.gov**

Departments > Police > Victim Services

## What is stalking?

Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger. It is when someone repeatedly contacts you, follows you, sends you things, talks to you when you don't want them to, or threatens you. Stalking behaviors can include:

- Writing letters
- Damaging your property
- Knowing your schedule
- Showing up at places you go
- Sending mail, e-mail, and pictures
- Creating a website about you
- Sending gifts
- Stealing things that belong to you
- Calling you repeatedly
- Or any other actions that the stalker takes to contact, harass, track, or frighten you.

You can be stalked by someone you know casually, a current boyfriend or girlfriend, someone you dated in the past, or a stranger. Getting notes and gifts at your home, in your locker, or other places might seem sweet and harmless to other people. But if you don't want the gifts, phone calls, messages, letters, e-mails it doesn't feel sweet or harmless. It can be scary and frustrating.

Sometimes people stalk their boyfriends or girlfriends while they're dating. They check up on them, page or call them all the time and expect instant responses, follow them, and generally keep track of them even when they haven't made plans to be together. These stalking behaviors can be part of an abusive relationship. If this is happening to you or someone you know, you should talk to someone.

Stalking is a crime and can be dangerous. The legal definition of stalking and possible punishment for it changes from state to state. Contact a victim service provider or your local police to learn about stalking laws in your state and how you can protect yourself.

## If you are being stalked, you might...

- Feel helpless, anxious, fearful, angry or depressed
- Feel like you can never get away from the stalker
- Think the stalker is always watching you
- Feel frustrated that the stalker won't leave you alone
- Have difficulty sleeping or concentrating
- Have nightmares
- Lose or gain weight
- Not know what might happen next

## You're not alone...

- More than one million women and nearly 400,000 men are stalked annually in the United States.
- 77 percent of female and 64 percent of male victims know their stalker.
- Most victims are stalked for 1.8 years.
- 82 percent of stalkers who pursued female victims followed them, spied on them, stood outside their home, place of work, or recreation; 61 percent of stalkers made unwanted phone calls; 33 percent sent or left unwanted letters or items; 29 percent percent vandalized property; and 9 percent killed or threatened to kill a family pet.

## Get Help...

If you are stalked, it is not your fault. Stalkers are responsible for their behavior, not the victims. If you believe that someone is stalking you, you can:

- Contact the police.
- Tell your parent, friend, school principal or another person you can trust.
- If you don't know where to go for help, contact the National Center for Victims of Crime at **1-800-FYI-CALL** or email: [gethelp@ncvc.org](mailto:gethelp@ncvc.org).

## Help Yourself

Think about ways you can be safer. This means thinking about what to do, where to go for help, and who to call ahead of time:

- Where can you go for help?
- Who can you call?
- Who will help you?
- How will you escape a violent situation?



## Other things you can do:

- Let friends or family members know when you are afraid or need help.
- When you go out, tell someone where you are going and when you'll be back.
- In an emergency, call 911 or your local police department.
- Memorize the phone numbers of people to contact or places to go in an emergency.
- Keep spare change, calling cards, or a cell phone handy.
- Save notes, letters or other items that the stalker sends to you and keep a record of all contact that the stalker has with you. These items will be very useful to the police.
- If you choose to tell, you should know that in Indiana all adults are mandated reporters. This means they are legally required to report neglect or abuse to someone else, like the police or child protective services. Therefore, all teachers, counselors, doctors, social workers, coaches and activity leaders must report incidents of abuse or neglect that they are aware of.